

**Drill Number**

52

**Min Age Group:**

U7

**Min # of Players**

4

**Drill Name**

Recover & Close

**Min Time Required**

5

**Description**

Setup:  
Create a standard sized goal. Players are in two lines one at the center of the grid 30 yards in front of the goal. The second line is near a touch line.

Description  
Start with the attacker at the halfway near the touch and a defender about 20 yards from the attacker, also on the halfway. A through ball is served down the touch for the attacker to run onto and attack goal. The defender is to recover, then close down and delay the attacker.

Recovery - run should initially be towards the near post. The first priority is to get between the attacker and the goal, keeping him/her from taking the ball to the middle. Defenders often make the mistake of running at the ball too soon, allowing the attacker to cut to the inside.

Close down - as the defender gets closer to the goal line than the attacker, he can start angling towards the ball. Closing down the ball from a position that is not between the attacker and goal may allow the attacker to beat the defender to the near post. Closing down the ball is the defender's second priority.

**Coaching Points**

**Dribbling**

**Footwork**

**Shielding**

**Passing**

**Receiving**

**Defending**

**Tackling**

**Finishing Tech**

**Throw-ins**

**Aggressiveness**

**Conditioning**

**Spacing Concepts**

**Tactics**

**Goalkeeper**

**Settling the Ball**

